

SEASONAL SALADS

**JALAPEÑO TACO** **R 7.00**  
**L 8.00**  
TRICOLOUR QUINOA, CHOPPED ROMAINE, ISLE OF WIGHT TOMATOES, CHARRED CORN, PINK SLAW, SPRING ONION + CORIANDER, BLANCO NIÑO TORTILLA SHARDS + VEGAN JALAPEÑO CAESAR  
*TRY WITH: BLACKENED CHICKEN +3.90*

**PONZU SCHEMIN’** **R 10.00**  
**L 11.00**  
SOBA NOODLES, BABY SPINACH, EDAMAME + PEAS, CUCUMBER, CARROTS, SPRING ONION + CORIANDER, SOFT BOILED EGG, CRISPY SHALLOTS + MISO PONZU DRESSING  
*TRY WITH: BLACK PEPPER TOFU +3.90*

**KALAMATA QUEEN** **R 9.00**  
**L 10.00**  
ROCKET, BABY SPINACH, ISLE OF WIGHT TOMATOES, MEZZE OLIVES, CUCUMBER, CRUMBLLED FETA, POILÂNE BREADCRUMBS, BALSAMIC VINAIGRETTE  
*TRY WITH: PRESERVED LEMON + OLIVE CHICKEN + 3.90*

THE OG SALADS

**GREEN GODDESS** **R 6.00**  
**L 7.00**  
CHOPPED ROMAINE, BABY SPINACH, BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER, SMOKED ALMONDS + GREEN GODDESS DRESSING  
*TRY WITH: PRESERVED LEMON + OLIVE CHICKEN +3.90*

**SEIZ’A CAESAR** **R 7.00**  
**L 8.00**  
KALE + CABBAGE, CHOPPED ROMAINE, ISLE OF WIGHT TOMATOES, PARMESAN SHAVINGS, POILÂNE BREADCRUMBS + CLASSIC CAESAR DRESSING  
*TRY WITH: BLACKENED CHICKEN +3.90*

**AZTECA** **R 10.00**  
**L 11.00**  
CHOPPED ROMAINE, BABY SPINACH, PICKLED RED ONIONS, CHARRED CORN, BLACK EYED BEANS, CRUMBLLED FETA, AVO SMASH, BLANCO NIÑO TORTILLA SHARDS + LIME CORIANDER DRESSING  
*TRY WITH: BLACKENED CHICKEN +3.90*

SIDE POTS

**GREEN BOOSTER** **5.00**  
EDAMAME + PEAS, BROCCOLI, CUCUMBER, GREEN GODDESS DRESSING + TAMARI SEEDS

**ROSEMARY SWEET POTATO** **5.00**  
ROSEMARY SWEET POTATO, SPRING ONION + CORIANDER, CHIPOTLE MAYO + LIME SQUEEZE

**BRINDISA’S PATATAS BRAVAS** **5.00**  
ROAST NEW POTATOES, BRINDISA’S SALSA BRAVA + CHIPOTLE LIME MAYO

**BUFFALO CHICKEN POT** **8.00**  
BUFFALO CHICKEN POT, BLACKENED CHICKEN, BUFFALO SAUCE, CLASSIC CAESAR DRESSING + CRISPY SHALLOTS

**CHICKEN POT** **8.00**  
BLACKENED CHICKEN OR PRESERVED LEMON + OLIVE CHICKEN  
*ADD DRESSING/SAUCE AND/OR CRUNCH +0.50*

\*WANT TO MAKE A CHANGE TO OUR CORE BOWLS? YOU CAN SWAP OUT ONE MAIN INGREDIENT ON US

ADD A PREMIUM TO BOOST YOUR BOWL OR PLATE  
SEE BELOW FOR OUR VARIOUS OPTIONS

POWER PLATES

**BAVETTE CHIMICHURRI WEDGES** **12.00**  
ATIS SPICED GRAINS, ZERO-WASTE-GREENS, ROSEMARY SWEET POTATO, CHARRED BAVETTE STEAK + CHIMICHURRI DRESSING POT

**YOU FETA BELIEVE IT** **7.00**  
TRICOLOUR QUINOA, SPRING ONION + CORIANDER, CHILLI + FETA BROCCOLI, ROSEMARY SWEET POTATO, SMOKED ALMONDS + DILL YOGHURT

**CHICKEN PESTO PARM** **11.00**  
TRICOLOUR QUINOA, SLOW ROAST COURGETTE, ISLE OF WIGHT TOMATOES, PARMESAN SHAVINGS, PRESERVED LEMON + OLIVE CHICKEN + BASIL PESTO VINAIGRETTE

**GONE FISHIN’** **13.00**  
SOBA NOODLES, SESAME PONZU GREENS, ROASTED BROCCOLI, SPRING ONION + CORIANDER, LIME LEAF SALMON + ROASTED CASHEW DRESSING

**BLACK PEPPER TOFU** **11.00**  
RICE, SESAME PONZU GREENS, STICKY MISO AUBERGINE, BLACK PEPPER TOFU + MISO PONZU DRESSING

**BOLD + BEAUTIFUL** **12.00**  
BOLD BEAN’S QUEEN BUTTERBEAN + ARTICHOKE, SLOW ROAST COURGETTE, CRUMBLLED FETA, BLACKENED CHICKEN + BRINDISA ROMESCO SAUCE

SPOTLIGHT ON BOLD BEAN + BRINDISA



WE’VE PARTNERED WITH TWO INCREDIBLE BRANDS TO BRING YOU OUR LATEST CHEF-CURATED PLATE BURSTING WITH FRESH FLAVOUR AND SEASONAL FAVOURITES. BOLD BEAN IS KNOWN FOR ITS MELT-IN-THE-MOUTH BEANS; PAIRED WITH BRINDISA’S SPANISH ROMESCO SAUCE, WE COULDN’T DREAM OF A BETTER DUO TO FEATURE AS OUR SEASONAL SPECIAL!

BUILD YOUR OWN

HEAD IN-STORE, WALK THE LINE AND CREATE YOUR OWN BOWL OR PLATE. OR USE THE QR CODE TO ORDER ONLINE!



BOOST YOUR BOWL OR PLATE:

ADD COLD PREMIUMS TO YOUR ORDER

- SOFT BOILED EGG 1.50
- AVO SMASH 1.50
- PARMESAN SHAVINGS 1.90
- CRUMBLLED FETA 1.90
- AVOCADO HALF 1.90

ADD SUPER PREMIUMS TO YOUR ORDER

- SESAME PONZU GREENS\* 1.90
- BOLD BEAN’S QUEEN BUTTERBEAN + ARTICHOKE\* 1.90
- CHILLI + FETA BROCCOLI 1.90

ADD HOT PREMIUMS TO YOUR ORDER

- ROSEMARY SWEET POTATO 1.90
- STICKY MISO AUBERGINE\* 2.90
- BLACKENED CHICKEN 3.90
- BLACK PEPPER TOFU\* 3.90
- PRESERVED LEMON + OLIVE CHICKEN\* 3.90
- LIME LEAF SALMON\* 5.90
- CHARRED BAVETTE STEAK 4.90

VEGAN VEGETARIAN DAIRY FREE NO GLUTEN CONTAINING INGREDIENTS SPICY SEASONAL SPECIALS\* HOUSE FAVOURITES IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

JOIN OUR LOYALTY PROGRAMME  
SCAN TO JOIN ATIS LOYALTY!  
EARN POINTS AND CLAIM REWARDS



SCAN FOR ALLERGEN INFO